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Auditor denied access to young offender files

Annual report out.
Lysyk's office wanted to review effectiveness of Justice Ministry's rehabilitation programs

Saskatchewan's corrections minister says the provincial auditor can get a court order if she wants information the government denied her on young offenders.

Auditor Bonnie Lysyk's office planned to do a review of how the Justice Ministry tries to rehabilitate young people convicted of crimes.

Federal law restricts access to young offender files unless there is a court order or an order-in-council from cabinet.

But the provincial cabinet wouldn't grant access to Lysyk, who is an independent officer of the legislative assembly.

"What would have been important for us to look at here is to determine whether the programs that they've put in place for youth offenders are programs that are achieving positive outcomes," Lysyk said Wednesday after releasing her annual report. "I think by us not doing that audit, we don't have the answer to that until at least the ministry puts out that information publicly."

Lysyk believes an audit is important because Saskatchewan has the highest youth crime rate in Canada at more than three times the national average.

She says she wasn't given a specific reason as to why she was denied access to youth files.

"To be fair, there is another way that we could get access and that's going to a youth court and asking for access. But you know my view on this is that it shouldn't be that hard."

Corrections Minister Christine Tell said access to young offender files is only for people who deliver young offender programming.

Tell said cabinet discussed the issue at length and decided to leave it up to the courts.

"Most of you are aware of the fact that young offender information is separate and apart from adult information, so it's extremely protected under legislation, a separate piece of legislation," Tell said.

"In order to give the auditor access ... we felt it was in the best interest of society and the people of Saskatchewan that this access be granted through a court order."

"This isn't about what the auditor would or wouldn't do with the information. It really has nothing to do with that."

THE CANADIAN PRESS

'IT WAS TIME FOR A CHANGE'

An emotional Lorne Molleken speaks with media about stepping down as the Saskatoon Blades' head coach. Molleken, who has coached hockey at different levels for 24 years, including 13 with the Blades, is passing off the reins to associate coach David Struch, inset. Story, page 22. MORGAN MODJESKI/METRO

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Alta. a dark spot on province's migration, population outlook

On the move. During the first quarter of this year, Saskatchewan saw net migration gains from every province in Canada except one

ROSS ROMANIUK
Metro in Regina

It's the one dark spot in Saskatchewan's overall bright outlook in its population trends — the oil in Alberta that fuels that province's economy and keeps many people here moving west.

During the first quarter of this year, Saskatchewan saw net migration gains from every province in Canada. Except one.

And the net loss of people to Alberta — 2,766 leaving while 2,192 moved here from that province — was enough to saddle Saskatchewan with a net drop in migration for all provinces combined.

"There's a little bit of an out migration to Alberta, clearly," Economy Minister Bill Boyd said on Wednesday after the latest Statistics Canada figures were released by the Saskatchewan government.

"There will always be some times when we see a little bit more going one way or the other."

Perhaps more alarming for Saskatchewan, though, is a complete reversal in migration from the same three-month period a year ago. In the first quarter of 2012, Saskatchewan had, in total, 327 more people move in from all other parts of Canada than the number of those who left. This year saw the province with the overall out-migration of 339, largely because of the continuing lure of Alberta.

Steve McLellan, CEO of the Saskatchewan Chamber of Commerce, points out that Alberta "is in a class by itself, nationally and almost globally" because of "the sheer magnitude" of its economy and its other draws such as mountains, skiing and other related forms of recreation.

"It's attracting more international immigration than some countries," McLellan said of Alberta, where the population of nearly four million is close to four times that of Saskatchewan's.

"I suspect we will continue to see Saskatchewan people moving there, and unfortunately, on a net basis."

McLellan pointed out, however, that Saskatchewan has experienced steady, sustainable growth since 2006 while legions of former Alberta residents, originally from Saskatchewan, have moved back to raise families.

"It's the story of the Alberta half-ton with the Saskatchewan licence plate," he said. "They've made some money there, they've got a bit of life and career experience, and now they're coming back to all parts of Saskatchewan. And they're coming back in their 20s and 30s."

The latest trend with respect to Alberta is "alarming," he added, "but not enough that we're going to say the sky is falling. There's no Chicken Little in any of this."

Steve McLellan, Regina-based CEO of the Saskatchewan Chamber of Commerce, says the Alberta migration trend isn't cause for widespread concern. ROSS ROMANIUK/METRO

Metis buzzing about possible return of bell of Batoche

The bell of Batoche
HANDOUT

It looks like a significant piece of Canadian Metis history will soon be returned to public view after disappearing more than 20 years ago.

But one of the country's top Metis leaders is not excited that the bell of Batoche may finally be brought back to its home in Saskatchewan.

David Chartrand, president of the Manitoba Metis Federation, says the historical significance of the bell has been tarnished by those who have held it for the last two decades and tried to sell it to the highest bidder.

"Getting the bell back, what does that mean after it was stolen by thieves and they sold it for us to get it back? It's really lost its real meaning," Chartrand said. "It's about the money. It wasn't about our people. They've taken that poor bell and tainted it with such thievery ... Those are robbing thieves, that's all they are."

The bell of Batoche hung in the Saskatchewan community of the same name when the Metis were defeated during the Northwest Rebellion in 1885. Federal troops climbed the bell tower, removed the trophy and took it east.

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Golfing great an inspiration to youth

Dakota Dunes Open.
First Nations golfer will hold clinic for native youth

MORGAN MODJESKI
morgan.modjeski@metronews.ca

With the PGA Tour Canada making a stop in Saskatchewan during its inaugural season, 24 First Nations youth will get a chance to spend time with one of golf's most prominent First Nations athletes, Notah Begay III.

Here for the Dakota Dunes Open, Begay, born and raised in New Mexico, is the first full-blooded First Nations athlete on the tour. Along with winning the tour four times, he is one of only three players in the history of golf to shoot a score of 59 at a professional event.

Hugh Vassos, executive director of the Dakota Dunes Open, said the chance for First Nations youth to meet such a strong role model will have a positive impact.

Dakota Dunes Open

Dates to remember:

- **July 1:** Player registration at the Dakota Dunes tournament qualifier (Willows G&C Club)
- **July 2:** Opening ceremonies and pro celebrity drive (River Landing)
- **July 3:** Media Drive Chip & Putt Challenge at the Dakota Dunes
  PGA Tour Canada inaugural luncheon with Notah Begay III (Dakota Dunes Casino)
- **July 4:** Dakota Dunes Open Round 1; corporate reception and wine pairing
- **July 5:** Round 2; concert featuring Kentucky Headhunters
- **July 6:** Round 3; family day; poker tournament
- **July 7:** Final round; trophy presentation at the 18th green

"That's what this tournament is all about," Vassos said. "When we started with this five years ago with SIGA (Saskatchewan Indian Gaming Authority), that's what they wanted to do, to get the community more involved and to have opportunities for First Nations youth to learn the game and to understand what it's all about."

He continued, "If some of these kids come out and they watch this guy and they get excited about golf, they could be the next Notah Begay, and I think that's just great."

While the 24 youth will attend a private talk and clinic with the golfing legend, Begay will also have a chance to take to the fairway, as he received a sponsor exemption to play in the coming tournament.

The Dakota Dunes Open runs from July 1 to 7.

Golfing legend Notah Begay III will soon hit the links at the Dakota Dunes Open. HARRY HOW/GETTY IMAGES

Last chance for Kinsmen Home Lottery early-bird tickets

Public viewings of the Kinsmen Home Lottery grand prize take place weekdays from 6 to 9 p.m. and weekends from noon to 5 p.m. JANE CAULFIELD/METRO

It's big, it's beautiful and it will soon be home to one lucky winner, but first comes the Kinsmen Home Lottery early-bird prize.

As of midnight on Thursday, early-bird tickets for the Kinsmen Home Lottery will no longer be for sale, which means somebody will be nabbing one of the early-bird prizes on July 3 and still have a shot at winning the $1.1-million, 2,721-square-foot bungalow in the Willows.

"It's the hometown lottery, it really is," said Gran Giesbrecht, chairman of the Kinsmen Home Lottery. "Everything that we do is meant to give back to so many organizations."

The lottery, which has been in existence for nearly 30 years, raises funds through ticket sales for several charities in Saskatoon and Saskatchewan and has donated to more than 200 local organizations.

"It's an incredible undertaking, but it's so worth it because of the money that we are able to raise and give back to the community," Giesbrecht said. "We've given back more than $9.5 million over the course of the lottery."

He said capping ticket sales at 30,000 greatly increases the odds for ticket holders.

"It's an automatic that we're going to sell well, but we always need people to step up and close it out," he said. "We will sell out … so don't wait to get your tickets."

Single tickets cost $100 and contestants are entered into the prize draw, which includes the show home, vehicles and other prizes. Tickets can be purchased at kinsmenhomelottery.com. The grand-prize draw is scheduled for July 19.

JANE CAULFIELD/METRO

Provincial auditor's report

Regina health region told to improve surgical services

Saskatchewan's second-largest health region is being told to do a better job at managing surgeries.

Provincial auditor Bonnie Lysyk says the Regina Qu'Appelle Health Region could not tell her office how much of its capacity is used to provide surgical services.

Lysyk looked at how the health region used its surgical facilities from March 2012 to February 2013.

She says in her annual report that the region hasn't been efficiently using its surgical facilities, and that could lead to a loss of public confidence and poor use of public money.

Lysyk is making nine recommendations on how the health region can do better.

The Regina Qu'Appelle Health Region is already lagging behind others when it comes to meeting the province's goal for surgery wait times.

Health Minister Dustin Duncan said in May that new numbers showed 90 per cent of surgeries in the province were completed in six months. That's within the third-year target for the government's surgical initiative.

But Regina Qu'Appelle was at 79 per cent.

The Ministry of Health said the health region has made a concerted effort to overcome a shortage of operating-room nurses and to expand capacity using private surgery clinics.

The ultimate goal is that by next April all patients will be able to get surgery within three months.

The health region has said it's making progress toward that target but will need more time.

THE CANADIAN PRESS

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Brazilian rioters wreak havoc in protest over poor services

Riot police aim their weapons at protesters gathering near Castelao stadium in Fortaleza, Brazil, on Wednesday. Protesters cut off the main access road to the stadium where Brazil played Mexico in the Confederations Cup on Wednesday afternoon. Scattered street demonstrations popped up around Brazil as protesters decried the low-quality public services they receive in exchange for high taxes and rising prices. Leaders in Brazil's two biggest cities said they have reversed an increase in bus and subway fares that ignited outrage across the nation. ANDRE PENNER/THE ASSOCIATED PRESS

Serena Williams backtracks on rape comment

Unforced error. Tennis star reaches out to Steubenville victim after 'hurtful' remarks

Serena Williams is apologizing for a Rolling Stone article that quoted her blaming the 16-year-old rape victim in a high-profile case in Steubenville, Ohio.

"She shouldn't have put herself in that position," she is quoted as saying in the profile, in an upcoming edition.

She made the comments to the reporter after seeing coverage of the case flash on television while getting a manicure.

"They did something stupid, but I don't know. I'm not blaming the girl, but if you're a 16-year-old and you're drunk like that, your parents should teach you: Don't take drinks from other people. She's 16, why was she that drunk where she doesn't remember? It could have been much worse. She's lucky," Williams said.

Williams, ranked No. 1 in the world in women's tennis, said she was reaching out to the girl's family to apologize. TORSTAR NEWS SERVICE

A week from Wimbledon

"I am deeply sorry for what was written in the Rolling Stone article. What was written — what I supposedly said — is insensitive and hurtful, and I by no means would say or insinuate that she was at all to blame." Serena Williams

Southwest France. Floods foil miracle-seeking pilgrimage in Lourdes

Heavy floods in southwest France have forced the closure of the Catholic pilgrimage site in Lourdes and the evacuation of pilgrims from nearby hotels.

Muddy floodwaters swirled Wednesday in the grotto where nearly 6 million believers from around the world, many gravely ill, come every year seeking miracles and healing. It has been a major pilgrimage site since a French girl's vision of the Virgin Mary there in 1858.

Lourdes Mayor Jean-Pierre Artiganave said on BFM television that the pilgrimage complex in the foothills of the Pyrenees will not reopen until safety can be assured. Diocese spokesman Mathias Terrier said that wasn't likely before the end of the week.

Rescue services evacuated hundreds of people from nearby hotels. Authorities were particularly concerned with bringing weak and sick pilgrims to safety. THE ASSOCIATED PRESS

Ashley Smith. Inmate's strangulations not always dangerous, inquest hears

Senior managers agreed that intervening every time a teen inmate tied a ligature around her neck was unnecessary because she was not always in immediate danger, an inquest into her death heard on Wednesday.

Michelle Bridgen, a middle manager at the Grand Valley Institution in Kitchener, Ont., said it was the warden and deputy warden who decided essentially that guards should intervene only if Ashley Smith risked imminent death.

"When she had a ligature, sometimes it was not tied tightly around her neck," Bridgen testified.

"Sometimes she would even tie it in a bow around her neck and put her fingers through it and say, 'See, it's not tight.'"

The choice became whether guards should frighten Smith by rushing into her segregation cell to retrieve the ligature or "empower" the inmate by allowing her to give it up without force, Bridgen said.

Still, the ligature-tying never became part of Smith's written "management plan," the blueprint for how guards were to deal with her.

The issue of what guards were ordered to do when Smith was seen to be strangling herself is one of the crucial questions at the inquest into her death. THE CANADIAN PRESS

Michelle Bridgen, a correctional manager, is seen outside the Ashley Smith inquest in Toronto on Wednesday. Bridgen was suspended for 10 days for her role in Smith's death in October 2007. COLIN PERKEL/THE CANADIAN PRESS

Un-bundling

Alaskans not so hot on weather

A heat wave hitting Alaska may not rival the blazing heat of Phoenix or Las Vegas, but to residents of the northernmost U.S. state, the days of hot weather feel like a stifling oven. With temperatures topping 26 C in Anchorage, and higher in other parts, people have been sweltering in a place where few have air conditioning. THE ASSOCIATED PRESS

Myanmar

Women jailed for inciting violence

A court in Myanmar has found two Muslim women guilty of sparking a recent outbreak of sectarian violence, one of them by bumping into a Buddhist novice monk. Myint Thein of the pro-government National Unity Party, who attended their trial, said Wednesday the two women were convicted of "insulting religion." THE ASSOCIATED PRESS

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Displaced by conflict

Refugee numbers hit 18-year high

The Syrian civil war contributed to pushing the numbers of those displaced by conflict within their own nation to an 18-year high of 45.2 million worldwide by the end of 2012, the UN refugee agency said Wednesday.

Those are the highest numbers since 1994, when people fled bloodshed in Rwanda and Yugoslavia.

By the end of 2012, there were 15.4 million refugees, 937,000 asylum seekers and 28.8 million people who were forced to flee within the borders of their own countries, the UN said in a report. THE ASSOCIATED PRESS

Boston bombings

Body of man shot flown to Russia

The father of a 27-year-old man fatally shot in May in Florida while being questioned about the Boston Marathon bombings by an FBI agent and two troopers says he has brought the body to Russia.

His father, Abdul-Baki Todashev, said Wednesday that he had flown with the body to Moscow and was planning on flying it to their home region of Chechnya on Thursday.

The suspects in the Boston bombing, Dzhokhar Tsarnayev and his late brother Tamerlan, have Chechen roots.

THE ASSOCIATED PRESS

Hungary

Former PM who helped open Iron Curtain dead at 80

Gyula Horn, a former Hungarian prime minister who played a key role in opening the Iron Curtain, has died at the age of 80.

He was best known internationally for his announcement as foreign minister in 1989 that Hungary would allow East German refugees to leave the country for West Germany, one of the key events that helped bring an end to communism in Eastern Europe.

THE ASSOCIATED PRESS

British Girl Guides drop God reference

Losing its religion. British scouting organization hopes new pledge will encourage more girls to join

Britain's Girl Guides have dropped a reference to God in their pledge.

Gone is the reference to loving God, replaced by a call to "be true to myself and develop my beliefs." The new pledge unveiled Wednesday does retain a reference to serving the Queen.

The long established British scouting organization — officially named Girlguiding — says some 44,000 people responded to a call for consultations on the new pledge.

Chief Guide Gill Slocombe says she hopes the change will encourage more girls to join.

"We knew that some people found our Promise confusing on this point and that it discouraged some girls and volunteers from joining us," she said. "We hope that the new wording will help us reach out to girls and women who might not have considered guiding before — so that even more girls can benefit from everything guiding can offer."

The pledge was last changed in 1994. The reference to God dates back to the founding of the Girl Guides in 1910.

THE ASSOCIATED PRESS

Secularizing the Guides

There have been controversies in other countries as well. In 2010, Canada's Girl Guides changed their promise from a pledge to be true "to myself, my God and Canada" — or the alternative "myself, my faith and Canada" — to "myself, my beliefs and Canada."

New silent protests get approved by Turkey's deputy PM

A man pours water on his head during a silent protest in Taksim Square Wednesday in Istanbul, Turkey. Turkey's deputy prime minister gave a nod of approval on Wednesday to the new form of peaceful resistance that is spreading through Turkey. Hundreds of demonstrators stood still for hours in squares on main streets in several cities, mimicking a lone protester who started the trend Monday and has been dubbed the "standing man." Deputy Prime Minister Bulent Arinc told reporters that such standing protests are peaceful and "pleasing to the eye."

BURAK KARA/GETTY IMAGES

Rising violence. Political leader among 7 killed in Iraq bomb attacks

Bomb attacks in Iraq that have killed seven people, including a local political leader and four of his relatives, authorities said on Wednesday.

Violence has risen sharply in Iraq in recent months as sectarian tensions increase, reviving fears the country is headed back toward the widespread sectarian bloodshed that pushed it to the brink of civil war in 2006 and 2007.

The deadliest attack came when a suicide bomber blew himself up inside politician Younis al-Rammah's guest house in the northern province of Ninevah, a provincial police officer said Wednesday. Al-Rammah and four relatives were killed, and six others were wounded.

The slain leader headed a political list competing in provincial elections this Thursday. Iraq's April provincial elections were delayed in the Sunni-dominated provinces of Ninevah province and Anbar because of what Iraqi officials said were security concerns.

Candidates are frequent targets for insurgents who aim to disrupt the political process.

Shortly after sunset Wednesday, police said a bomb placed near a juice cart exploded in the Shiite neighbourhood of Shula in Baghdad, killing two people and wounding eight others.

THE ASSOCIATED PRESS

Shiites targeted

Insurgent attacks against Shiites are frequent. Sunni extremists such as al-Qaida consider Shiites as heretics.

Somalia. Militants launch deadly attack on UN compound in Mogadishu

Seven al-Qaida-linked gunmen detonated a pickup truck rigged with explosives at the gate of the UN compound in Somalia's capital Wednesday, launching a bombs-and-gunfire assault that saw militants pour into the complex, killing at least nine people, including three foreigners, officials said.

The seven al-Shabaab militants were from what the militia called its martyrdom, or suicide, brigade. They all died in the assault, an official said, bringing the overall death toll to at least 16.

The attack comes only six months after the UN expanded its presence in Mogadishu, where it had kept only a small operation because insurgents had controlled much of the capital until being pushed out in an offensive in 2011.

THE ASSOCIATED PRESS

African Union peacekeepers and unidentified foreigners crouch down outside a UN compound following an attack in Mogadishu, Somalia, Wednesday.

FARAH ABDI WARSAMEH/THE ASSOCIATED PRESS

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Syrians who fled violence find sweet taste of home in Jordan

A bowl of peaceful memories. Both Syrians and Jordanians flocking to beloved Damascus ice-cream shop that opened a branch in Amman

For Syrians, no visit to Damascus' Old City is complete without a stop at a more than century-old ice-cream parlour, where you can watch them make their distinctive dessert by pounding it into shape with mallets, then enjoy a bowl of it sprinkled with pistachios.

Now, those who fled their country's bloody civil war can savour a taste from back home. Damascus' most famed ice-cream shop, Bakdash, has opened a branch in the Jordanian capital Amman, and both Jordanians and Syrians living there are flocking to it.

With its mix of milk, gum arabic and sahlab — a flour made from orchids — Bakdash ice cream is distinct from American brands like Ben & Jerry's and Häagen-Dazs: The traditional Syrian ice cream has a more elastic texture and slightly more perfumed flavour than the Western versions.

The Damascus landmark's appearance in Jordan is a bittersweet sign of one of the civil war's tragic repercussions: The dispersal of Syria's population and culture. Jordan alone is home to more than half a million Syrians, out of nearly two million who have fled into neighbouring countries with no immediate prospects of return. The number is rising by the thousands daily, as life in Syria becomes more tenuous.

Bakdash's owners still keep the Damascus shop running, but they have set up shops in Jordan and the United Arab Emirates, hoping the new businesses will help keep the home store afloat. The stores abroad could also be insurance for the future as the war, now in its third year, batters Syria's economy and annihilates tourism.

About half of the Amman branch's customers are Syrians, said the assistant manager, Yarob Ababneh, whose father is Bakdash's Jordanian partner.

"Once or twice I saw people cry," he said. "Bakdash has been in Syria since 1895, so those who grew up there know the place and have been there many times." THE ASSOCIATED PRESS

Quoted

"When I meet other Syrians here in the parlour, I feel my spirit lift."

Basima, a Syrian housewife who fled to Jordan seven months ago and was thrilled to discover a touch of home in Bakdash's Amman branch.

A worker prepares ice cream at the Bakdash ice-cream store in Amman, Jordan, Wednesday, where a branch of a more than century-old Damascus ice-cream parlour has opened up shop to serve its famous dessert to Syrians displaced by a bloody civil war. MOHAMMAD HANNON/THE ASSOCIATED PRESS

New York City. 8 injured as car jumps curb, slams into Manhattan store

Police and fire officials say eight people have been injured, one of them critically, after a car jumped a curb and slammed into a Manhattan store.

The white-coloured car hit a 24-hour grocery store around 7 a.m. Wednesday.

One witness, Rafael Fuentes, says the driver lost control about a block away and plowed through everything on the sidewalk.

Another witness, Najava Stone, says people were hurt by flying debris. He says the car spun before landing in a crosswalk.

A fire hydrant landed down the block, a large tree and a street sign were down and outdoor refrigerator cases were overturned. THE ASSOCIATED PRESS

A destroyed Nissan Altima sits in the street after crashing in the East Village neighbourhood of New York City on Wednesday. ANDREW BURTON/GETTY IMAGES

Chile

Presidential candidate pelted with eggs

Chilean protesters have thrown eggs at conservative presidential candidate Pablo Longueira after he performed a Zumba dance, objecting more to his politics than his dancing.

Local radio reports that construction workers threw eggs at Longueira, a former economy minister who was close to ex-dictator Augusto Pinochet, Wednesday in Santiago. THE ASSOCIATED PRESS

Iran

Tweets seem to show softer side of ayatollah

A Twitter feed believed to be run by the office of Iran supreme leader Ayatollah Ali Khamenei now sports musings about his boyhood desires to work out at a gym and the pleasures of mountain strolls.

The tweets are widely believed to be endorsed by Iran's top ruler, who rarely discusses personal matters in public. THE ASSOCIATED PRESS

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Liberal Leader Justin Trudeau, right, walks with Bob Rae after a press conference on Wednesday on Parliament Hill, where Rae announced his resignation. SEAN KILPATRICK/THE CANADIAN PRESS

Bob Rae leaves politics to focus on new role

MP resignation. Former Liberal leader to negotiate for First Nations in Ring of Fire mining development

Bob Rae, a fixture on Canada's political scene for more than three decades, is giving up his seat in the House of Commons to devote himself to work on behalf of First Nations in northern Ontario.

Rae said he is leaving politics so he can focus on his new role as chief negotiator for First Nations in talks with the province about development of the Ring of Fire mining development in northern Ontario.

"This is going to be a major undertaking," an emotional Rae told a surprise news conference Wednesday in the foyer of the House of Commons.

"It's clear to me that it will take a lot more time and it simply isn't possible to do both jobs at the same time."

The 64-year-old Rae's unexpected announcement caps a political career that has spanned 35 years and two parties. It came after he privately broke the news to the Liberal caucus in what he described as a difficult moment.

"I have a passion for my work as a negotiator and for First Nations," Rae said. "When you make a difficult choice, you show your emotions."

Rae began in politics as a New Democrat and later shifted to the federal Liberals, even seeking the party leadership at one point.

He was first elected to the Commons in a 1978 byelection, but moved to Ontario provincial politics four years later, when he became provincial NDP leader and later served as premier.

In 2006, having joined the Liberals, he unsuccessfully sought the party leadership, but won a seat in the Commons in 2008, becoming interim leader after Michael Ignatieff lost his seat in the 2011 election.

THE CANADIAN PRESS

Parting words

"I have a lot of passion for Canadian politics. It's been a very difficult decision ... and quite an emotional one for me."

Bob Rae, on his resignation.

Rae days, from top: His resignation as MP Wednesday; as Ontario premier in 1990; as Ontario NDP leader in 1985. THE CANADIAN PRESS

High school could be bad for your health

High school may improve students' minds, but it does the opposite for their bodies.

A new study from the University of Waterloo suggests Canadian students in Grade 12 are in worse health than their younger high-school peers.

The research, published in the latest issue of the journal BMC Public Health, found that by the time students reach senior year, they're at a significantly increased risk for chronic diseases such as diabetes and lung cancer.

It shows that over four years of high school, the number of smokers went up 170 per cent, binge drinking jumped 167 per cent and marijuana use rose by 124 per cent.

What's more, the vast majority of students — more than 89 per cent — didn't meet Health Canada's guidelines for minimum physical activity and barely seven per cent reported eating enough fruit and vegetables.

The study's co-author, Scott Leatherdale, says the fact that large proportions of graduating students fail to meet the most basic healthy living recommendations is cause for concern.

Having even one of the risk factors measured can increase the likelihood of disease, and by Grade 12, the average student shows three, he said.

Students in higher grades appear to be at the greatest risk, he added.

"The only way to avoid a large future burden of preventable disease is to develop more integrated and real-world models of intervention in Canadian high schools," he said in a statement.

THE CANADIAN PRESS

One Canadian study finds students in senior grades are at a higher risk for chronic diseases such as diabetes and lung cancer. ISTOCK IMAGES

About the study

- The study used data collected from more than 31,000 high school students in nine provinces who filled out the substance use section of the 2010-11 Canadian Youth Smoking Survey.
- The national school-based survey is funded by Health Canada and co-ordinated by the University of Waterloo.

Summer break

House adjourns early after bitter spring sitting

Prime Minister Stephen Harper has returned from his European trip but he won't have to endure another grilling in the House of Commons for a while.

All parties agreed late Tuesday night to end the most bitter spring sitting of Parliament since Harper's Conservatives came to power more than seven years ago.

They packed it in a few days early after almost a month of late-night sittings. Proceedings had devolved into acrimonious mud-slinging.

The government remains under a potentially criminal cloud over a $90,000 cheque provided by the Prime Minister's chief of staff to pay off the improper housing expense claims of Senator Mike Duffy. THE CANADIAN PRESS

Corruption charges

Montreal will get its new, new mayor Tuesday

Montreal will have its next interim mayor — the third mayor in less than a year — early next week.

The city clerk's office has announced a vote will be held during a special meeting of council next Tuesday.

A handful of councillors have been named as potential successors to Michael Applebaum, who stepped down as interim mayor after being arrested on corruption-related charges.

For now, the city's pro-mayor will be acting mayor until next week's vote. Councillors will have until Friday afternoon to put forth their candidacy, with a vote to come after the long holiday weekend.

The next municipal vote is scheduled for November.

THE CANADIAN PRESS

Seeking asylum

NSA leaker reaching out to Iceland?

A WikiLeaks spokesman who claims to represent Edward Snowden has reached out to government officials in Iceland about the possibility of the NSA leaker applying for asylum in the Nordic country, officials there said Wednesday.

Johannes Skulason, an Icelandic government official, said WikiLeaks spokesman Kristinn Hrafnsson had held informal talks with assistants at the Interior Ministry and the prime minister's office.

Snowden, who used to live in Hawaii, initially fled to Hong Kong and is now in hiding. It's not clear if Iceland could protect a leaker like Snowden from U.S. demands for his return.

THE ASSOCIATED PRESS

This is the illustration that appeared on the crowdfunding website Indiegogo for the Crackstarter campaign, started by Gawker, which aimed to raise enough money to buy a video that allegedly shows Toronto Mayor Rob Ford smoking crack. The crowdfunding goal was surpassed with $201,204 raised. SCREENGRAB/INDIEGOGO.COM

Indiegogo defends Crackstarter campaign

Crowdfunding. Website co-founder says effort to raise money for alleged crack video was about giving power to people

A campaign that raised $200,000 to purchase an alleged video appearing to show Toronto Mayor Rob Ford smoking crack was a "beautiful example" of the fundraising power of the Internet, says the website that hosted the controversial crusade.

"That campaign really just speaks to what crowdfunding is about, which is giving the power to people to decide what matters to them and to fund what matters to them," said Danae Ringelmann, co-founder of crowdfunding site Indiegogo.

The video fundraising campaign was launched by Gawker, a U.S. site whose editor John Cook claimed he'd watched the video, which was being shopped around for $200,000 by drug dealers. Ford has said the alleged video does not exist and that he does not use crack cocaine. THE CANADIAN PRESS

Retail. Loblaw tests new smaller discount grocery store format in Calgary

Canada's largest grocer is trying out a new discount small-store format in a bid to attract more customers in urban areas. Loblaw Cos. Ltd. said it opened the new 10,000-square-foot store a few weeks ago in Calgary.

The location, named Box by No Frills, offers "hard discounts and an everyday low price" on groceries and other merchandise, Sarah Davis, Loblaw's chief financial officer, said in a conference call Wednesday.

"We are trying that as a pilot to see, 'Is it something that we can infill in a lot of areas of Canada because it's only 10,000 square feet?'" she told investors from the company's Brampton headquarters.

Loblaw's discount chain of stores, No Frills, are typically 25,000 square feet. The company also operates a number of other banners, including Real Canadian Superstore, which has a large format and wide range of general merchandise in addition to groceries.

A logo for Box by No Frills. CONTRIBUTED/THE CANADIAN PRESS

The new Box format is being tested as the company creates one of Canada's largest commercial real estate trusts with its grocery property assets, and prepares for stiffer competition from Target, Walmart Canada and Sobey's, which recently announced a $5.8-billion deal to buy Safeway Inc. in Western Canada.

Davis said if the small-box format is successful, the grocery chain will buy new property to develop into more locations under the Box banner. THE CANADIAN PRESS

Milan

Dolce, Gabbana convicted of tax evasion

A Milan court has convicted the designers Domenico Dolce and Stefano Gabbana of tax evasion. They were found guilty of failing to declare about $273 million through a Luxembourg company to authorities and given a one-year-and-eight-months suspended jail sentence. They were ordered to pay a penalty of about $682,000 to tax authorities. THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.34¢ (-0.60¢)

TSX 12,268.29 (-99.17)

OIL $98.24 US (-20¢)

GOLD $1,374 US (+$7.10)

Natural gas: $3.96 US (+6¢)
Dow Jones: 15,112.19 (-206.04)

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HE SAYS

John Mazerolle
metronews.ca

Damn you, Charles Darwin.

My back hurts all the time and its origin is you. If it weren't for evolution, I'd be on all fours, with my spine on the straight and narrow. Instead, I'm upright, crooked and twisted, all the weight of the world (and evolutionary history) on my lower back.

Or if the creationists are right, then God has a Robaxacet doll that he keeps sticking needles in.

But it's probably Darwin.

I would have been so much happier as a spineless, lower form of life, like a slug or a personal-injury lawyer. Instead I'm the guy at the far right of the March of Progress illustration, the one holding the small of his back, with a speech bubble that says "%&$#?@!"

My injury is particularly pathetic. Not only was I not exerting myself in any way, I wasn't even doing something embarrassing like reaching for the remote or picking up a dropped Cheeto.

I was asleep.

I woke up, possibly from the sound of my back screaming at me, and suddenly my life was bags of frozen green beans, kneeling to look in the fridge, and attempting to put socks on without using my hands.

Back pain is the most ignoble of all injuries — too painful to be ignored, but not dramatic enough to be pitied.

There are no songs sung about heroes who suffered through lumbago, no Hollywood films where an ingenue dies because of a cruel twist of torso. Its place in popular culture is to show you how much of a buffoon a sitcom dad is — oh, his aching back!

Four out of five adults suffer occasional back pain — so all the dentists, if I understand statistics — which means you get no sympathy for your pain, only stories of much worse back pain, possibly due to the bigger fish they were reeling in that got away.

You can't even show it off, like a scar or a broken leg. It's completely hidden, beneath that frozen bag of green beans. (I find peas too uncomfortable.)

Long story compacted, I'll have to do something to fix it, lest I never twerk again.

What do the experts say I need?

- Good body mechanics: I didn't even know there were body mechanics. I assume you get on a lift of some sort for a few days while he/she checks you out and you're good to go? Of course, they'll find something else wrong and charge you for it, but that comes with the territory. "Your back's good, but we had to replace your duodenum. It was making weird noises."
- "Let your legs do the work": All the advice columns say this, but it doesn't work. I've left a bunch of stuff for them to do, yet my books remain unbalanced and my dishes remain unwashed. I think they're lazy.
- Neutral Pelvic Position: I bought their new album, but frankly they were better at Coachella.

As this list makes clear, it will be no time before I've gone from a young man whining through back pain to a young man who has come to understand he will always have back pain. Or as Darwin once put it: "%&$#?@!"

ZOOM

A little (tweeting) bird will tell you

SANG TAN/THE ASSOCIATED PRESS

Royal couple will be traditional and trendy with announcement

With Prince William and the Duchess of Cambridge expecting their first child in mid-July — and much of the world interested in the birth of a future monarch — the royals' office has released some of the couple's plans.

There will be a mix of tradition and new social media to announce the birth. Officials said a royal aide will emerge from the hospital with a signed bulletin on foolscap-sized paper carrying the Buckingham Palace letterhead. The bulletin will be given to an official who will be driven to the palace, where it will be posted on an easel in public view in front of the building.

At the same time, there will be an announcement on Twitter.

THE ASSOCIATED PRESS

Boy or girl?

- Royal officials can't say whether it's a boy or girl — and it's not because they are being coy, it's because Kate and William have not found out — and don't plan to.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With rumours swirling that Facebook is set to announce video for Instagram, avoiding videos of cats, cupcakes and concerts will be nearly impossible. So why fight the inevitable? Embrace the filtered vids and start posting your own. But in case the rumour mill doesn't produce, here are some video-sharing sites already on offer:

Socialcam:
One of the first video-sharing apps with filters — think of Socialcam as Instagram video's older brother (or would that be father?). Available for iPhone and Android.

Cinemagram:
Also has the options of adding filters, but with added tricks like adding masks, playing videos backwards, in slow mo or on high speed. Available for iPhone and Android.

Viddy:
Before Vine, there was Viddy. But while Vine gives users a six-second time limit, Viddy lets you record for up to 30. Available for iPhone and Android.

Twitter

@metropicks asked: According to Metro's Paul Sullivan, tipping should be optional. What do you think?

@Richard_Dew: Tipping IS optional. No gun to your head. Also optional for people to think you're a cheapskate for not tipping.

@FrenchmanCanada: I know a couple places where the "You didn't dip, next time I'll spit in your food" will never be optional.

@serpentina66: I'd rather see servers pd more than deciding a tip. Mgrs should b responsible for good servers; customers shouldn't pay more for expected service; it's awkward for cust to deny tips for poor service.

@instakrystal: I never feel obligated to tip. If you're a good server and earn it, you'll be rewarded. My tips are dependent on experience.

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What Dreamcoats are made of

Joseph and the Amazing Technicolour Dreamcoat. Dean Swan will have the lead role in theatre classic while Dennis Beerling will direct

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

Dean Swan and his young co-stars rehearse a scene from Saskatoon Summer Players' production of Joseph and the Amazing Technicolor Dreamcoat.
SIMON HIATT/METRO

Almost 50 years ago Saskatoon Summer Players staged their first production, bringing Oklahoma! to the stage and providing a rare opportunity for theatre in the city during the warmer months.

Among the stars of that 1964 production was a young man named Dennis Beerling. It was the start of a relationship with the stage that has lasted half a century.

"Theatre is addictive and there are a lot of wonderful people who have been involved, and it's exciting when that product finally goes on stage. It's a real sense of accomplishment," Beerling said.

It's a feeling Beerling will be experiencing again when he directs the company's production of Joseph and the Amazing Technicolor Dreamcoat this summer. And while the number of days Beerling has spent working on productions for Saskatoon Summer Players likely exceeds the number of days many of his young cast members have been on earth, he isn't overwhelmed by the prospect of trying to control the dozens of children who will appear in the musical.

"I love working with these kids, they do whatever I ask them, they learn their songs very quickly. It's really a dream working with them. And they've all auditioned so we've got the best of the lot."

The man who will be playing the lead role of Joseph also knows a thing or two about working with youngsters; by day Dean Swan is the vice-principal at Caroline Robbins Community School.

He admits to adapting some of the same techniques he uses with his students when it comes to dealing with the young actors, but says the biggest challenge is finding enough hours in the week to do all of his jobs while still making time to be a part of the community-based and volunteer-run company.

"I have four kids and a wife and I'm a vice-principal and I come to rehearsals three times a week and it can be tough to balance it all. But it's lots of fun and has been going great," Swan said.

That sentiment is echoed by Swan's co-star, Kelsey Stone, who plays the all-important role of the narrator. Swan is also a veteran of the company.

"It's a really great group to work with, and everyone's a volunteer. It's important to support those people who are putting themselves out there just for the love of theatre," Stone said.

Facts and details

Facts. Joseph and the Amazing Technicolor Dreamcoat was written by Andrew Lloyd Webber and Tim Rice and is based on the biblical tale of the coat of many colours. The Saskatoon Summer Players version has been somewhat updated for modern audiences.

"We're not doing it with biblical costuming, we don't have camels or sheep," said director, Dennis Beerling. "We do have a couple of motorcyclists and instead of a pharaoh we'll have a chief executive officer."

- **Details.** Joseph and the Amazing Techicolour Dreamcoat runs June 28 through July 7 at the Remai Arts Centre.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

James Gandolfini ALL PHOTOS: GETTY IMAGES

Sopranos star James Gandolfini dies at 51

James Gandolfini, who won three Emmys for his role as Tony Soprano on HBO's The Sopranos, reportedly died in Italy Tuesday after suffering a heart attack, TMZ reports.

Gandolfini, who was 51, was in Italy to attend the 59th Taormina Film Festival in Sicily.

He first garnered fame playing a hitman in 1993's True Romance. But it was his role as the brash, troubled mob boss Tony Soprano that earned him legions of fans of the six-season HBO series.

Gandolfini is survived by his wife, Deborah Lin, who gave birth to the couple's daughter in October.

He has a teenage son from a previous marriage.

METRO NEW YORK

Katy Perry

Katy Perry can't stay away from the fireworks

For her first appearance on the cover of Vogue, Katy Perry isn't holding much back, especially about her split from ex-husband Russell Brand. "Let's just say I haven't heard from him since he texted me saying he was divorcing me December 31, 2011," she tells the magazine. As for why their marriage didn't work out? "I think a lot of times strong men do want an equal, but when they get that equal they're like, 'I can't handle it,'" she says. Perry also addresses her romance with John Mayer, quashing rumours they're together again. "It's over, I was madly in love with him. I still am madly in love with him," she says. "Beautiful mind, tortured soul. I do have to figure out why I am attracted to these broken birds."

The Word

Paula Deen revealed as racist jerk?

THE WORD
Dorothy Robinson
scene@metronews.ca

The fearless National Enquirer claims to have unearthed a video of famed "chef" Paula Deen allegedly admitting to using the N-word as well as making a myriad of terrible racist jokes, aimed at African Americans and Jewish people.

The Enquirer claims Deen was filmed in a May 17 deposition to defend herself and her brother Bubba Hiers against a giant lawsuit filed by the former general manager of their Savannah, Ga., restaurant.

Metro has not seen the video, so we have no way of verifying its authenticity.

Lisa Jackson is suing the family for use of defamatory language by Deen and sexual harassment and infliction of distress and assault by Hiers.

The worst from the tape? The Inquirer alleges Deen admits to saying that she wanted "black waiters to play the role of slaves in a wedding party she was planning."

Deen also reportedly gave several examples of when she used the N-word and fesses up to making racist jokes about "Jewish people, rednecks, black folks... I can't determine what offends another person." Her defence is "they're jokes."

Actually, no they aren't. Even in Georgia, those aren't jokes. On a related note, what kind of bride wants "slave chic" as the theme of her wedding reception?

Miley Cyrus

Miley Cyrus says it's better to go green

Miley Cyrus isn't being shy when it comes to her opinions on drugs and alcohol. "I think alcohol is way more dangerous than marijuana — people can be mad at me for saying that, but I don't care. I've seen a lot of people spiral down with alcohol, but I've never seen that happen with weed," she tells Rolling Stone during an online Q&A. "As long as it isn't illegal, there are far more dangerous things. And it's legal in the state of California. So I'm happy to live in California, a place where you can be whoever you want to be."

Brad Pitt and Angelina Jolie

Sipping pretty: Brangelina wine selling like 'hotcakes'

Speaking of alcohol, Brad Pitt and Angelina Jolie apparently have a hit on their hands with their first wine, the 2012 Château Miraval Côtes de Provence Rosé, which went on sale in March. "It's been selling like hotcakes," Christian Navarro of Wally's Wines and Spirits tells E! News. "We have had great success with it." Navarro says he sold 500 bottles of the wine within the first few hours of it going on sale. Pitt and Jolie's wine, which retails for $24.99, comes from their 1,000-acre French estate, and a variety of red wines is planned for early 2014.

Twitter

@mradamscott
I applaud this year's Bachelorette for being honest enough to behave as if she is in a nightmare.

@ NiallOfficial
On the bus listening to the eagles! Converting the lads ! It's easy! Best band ever !

@ralphmacchio
Do not really understand Instagram. Feels like just another thing to manage. But giving it a whirl. And tweeps like the pic effects.

What a boy wants, what a boy needs

Usually, when magazines produce lists like this, the 'must-haves' are not always that accessible. So we've rounded up the best value versions of recession-proof classics that will never go out of style.

METRO WORLD NEWS

The shirt

Zara twill shirt
$60, zara.com

These looks are time-proof. GUERRE

The chino

Ben Sherman EC1 slim
$95, bensherman.com

The jeans

Edwin ED80- slim-fit jeans
$200, mrporter.com

The coat

Heritage navy cotton peacoat, $310
bananarepublic.gap canada.com

The knit

Linen crew neck,
$149.50, clubmonaco.ca

The desert boots

Clarks Originals suede desert boots
$140, clarkscanada.com

The shirt

Topman white scoop neck T-shirt
$14, topman.com

The brogue

Mr. B's Theatum,
$175, aldoshoes.com

Styling tip

All lace-ups are not the same. The Oxford is the dressier older brother to the more informal brogue. You need both in your arsenal.

The suit

J.Crew Ludlow jacket
$525,
J.Crew Ludlow trousers,
$265
jcrew.com

The Oxford

Mr. B's Paramonga,
$175, aldoshoes.com

LIFE 3

Daily essentials

L'Oréal Hydra Energetic Ice Cold Eye Roller

This roll-on helps mask the effects of a late night out by eliminating those dark circles under your eyes.
$13.99, LOREAL.CA

Clarins' Men Revitalizing Gel

Used daily, the gel is meant to help revitalize the skin, adding a toned feeling and helping to eliminate fine lines and wrinkles.
$48, CLARINS.CA

L'Oréal Men Expert Hydra Energetic Hydra Power Cleanser

Offering a deep facial clean without leaving the skin feeling dry or tight, this cleanser uses charcoal to capture dirt and oils.
$9.96, LOREAL.CA

Gillette Fusion ProGlide Styler

This waterproof three-in-one styling tool will help you to sculpt your facial hair, and keep any unruly whiskers at bay.
$19.96, GILLETTE.CA

NIVEA Revitalizing Body Lotion For Men

Every man should moisturize daily, and this formula includes vitamin e, aloe and absorbs quickly.
$10.99, NIVEAFORMEN.CA

Sunnies are shaping up for a celluloid summer with a range of trends that dovetail with some of Hollywood's newest and oldest hits. We look at how you can shop the most fashionable movies frame by frame.

RICHARD PECKETT
Metro World News

Silver screen sunglasses

The film: The Hangover Part III

The look: Phil (Bradley Cooper)
The frames: Ray-Ban Aviator large metal II, $145, ray-ban.com

The film: Reservoir Dogs

The look: Mr. White (Harvey Keitel)
The frames: Lanvin black acetate sunglasses, $341, matchesfashion.com

The film: The Great Gatsby

The look: Jay Gatsby (Leonardo DiCaprio)
The frames: Bottega Veneta round-frame sunglasses, $480, mrporter.com

The film: Natural Born Killers

The look: Mickey Knox (Woody Harrelson)
The frames: Vintage surplus colour round sunglasses, $33, urbanoutfitters.com

The film: Public Enemies

The look: John Dillinger (Johnny Depp)
The frames: Quay Eyewear round sunglasses, $31, asos.com

The shaggier the better

At first glance, the beard is an international symbol of hipsterdom. But closer inspection reveals a lot of things. We look at four popular types and what they mean.

RICHARD PECKETT
Metro World News

"I only realized what a phenomenon it was when I started working on my book, '100 beards, 100 days'," says the photographer Jonathan Daniel Pryce. "I stumbled upon this entire subculture that I knew nothing about." Yes, beards are in a boom period and long may they reign. To celebrate this hairy moment, we check out the micro-trends among the city's urban tribes.

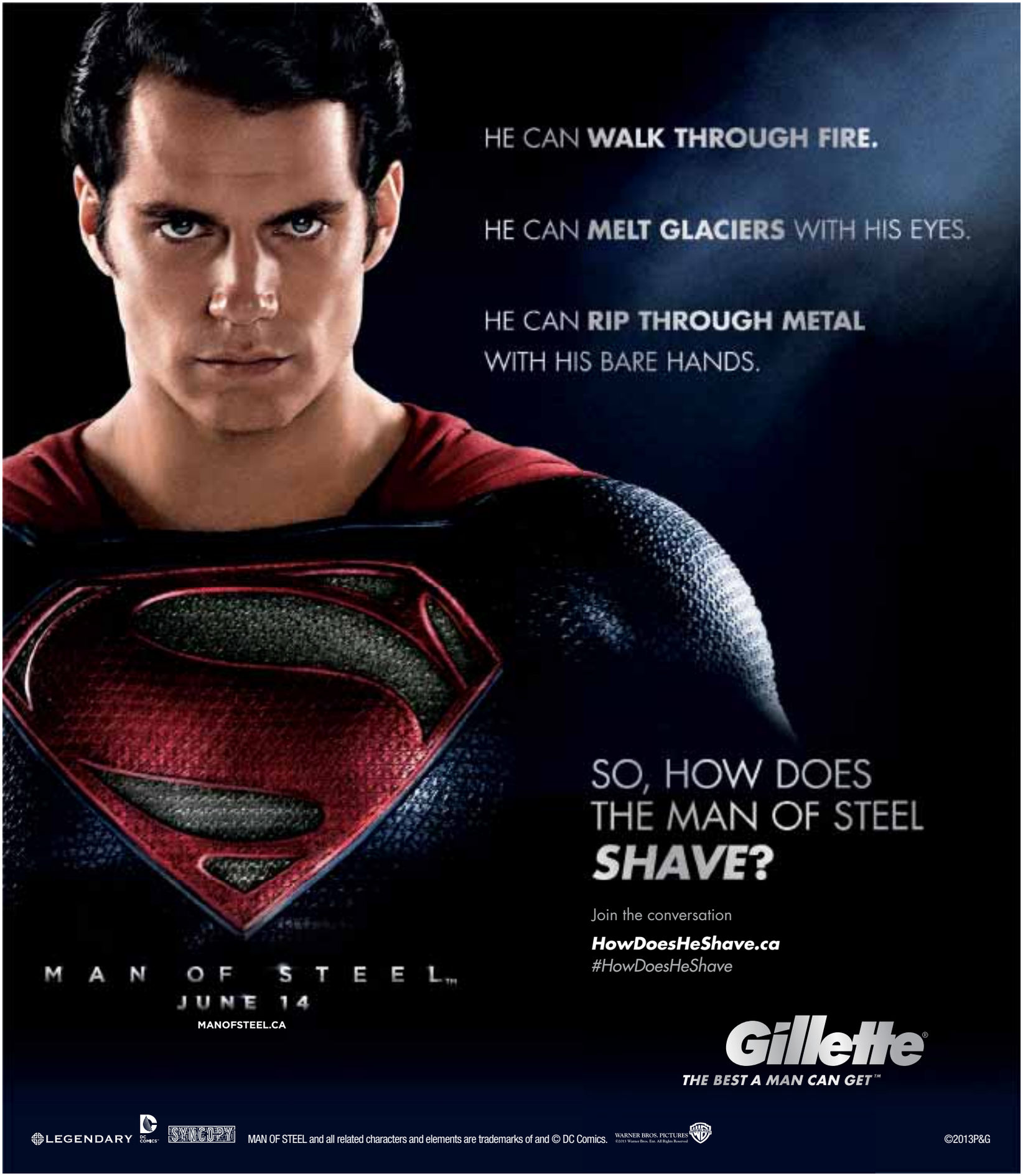
The hipster
Likely to be found in areas like Toronto's Queen West neighbourhood, Williamsburg, New York and Shoreditch, London, sporting a beard in an 'ironic fashion' — too cool for trends. Look out for square-framed glasses, novelty necklaces and baseball caps.

The artist
Overgrown beard from months of creative angst — nobody else could get away with Rasputin's beard. The unkempt look takes hours of hair manipulation and the use of premium grooming products — but he'll never admit to that. Frequently found hanging out in 'creative spaces'.

The city professional
His beard will be as perfectly cut as his made-to-measure suit. Nothing wild here. But his fashionable follicles do separate him from his shave-a-day corporate city mates.

The fashionably preened
Ah yes, the 'fashion beard'. It is of course perfectly groomed, trimmed and runway-ready. You're most likely to find this one on menswear editors and stylists, like our man Jeremy Langmead (pictured in yellow sweater), editor of Mr. Porter.

ALL PHOTOS: JONATHAN DANIEL PRYCE


HE CAN WALK THROUGH FIRE.
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HE CAN RIP THROUGH METAL WITH HIS BARE HANDS.
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Creamy sauce dresses up meat

This mouth-watering dish takes no time at all to prepare and the reward is delicious!

The pink peppercorn crust is complimented so well by the creamy, cheesy Canadian Cambozola sauce.

This one is sure to please your family, guests or even just yourself.

1. Bring steaks to room temperature, about 20 minutes. Pre-heat barbecue to medium-high heat.

2. In a small bowl whisk together garlic, olive oil, Worcestershire sauce and thyme. Brush steaks with marinade and firmly coat with the peppercorns reserving a 1/2 tsp (2 ml) to garnish sauce.

3. Place steaks on a greased grill in the centre (to allow even heat circulation). Grill covered, turning once, until steaks are medium-rare, about 8 minutes or until desired doneness. Transfer to a cutting board and let steaks stand 6 minutes before slicing or plating.

4. Creamy Cambozola Sauce: Meanwhile, heat a small saucepan on medium heat; melt butter. Add garlic, cook for 1 minute or until fragrant. Add cream and reduce by half, about 4 to 5 minutes. Slowly, whisk in cheese until pieces melt. Stir in lemon zest.

5. Serve sauce on the side or on top of a portion of the steak and garnish with remaining peppercorns. **CHEF DEVAN RAJKUMAR/ DAIRY FARMERS OF CANADA**

Ingredients

- 2 strip loin steaks, each about 8 oz (250 g)
- 2 cloves garlic, grated
- 1 tbsp (15 ml) olive oil
- 2 tsp (10 ml) Worcestershire sauce
- 1 tsp (5 ml) dried thyme
- 1 1/2 tbsp (22 ml) pink peppercorns, crushed and divided

Creamy Cambozola Sauce

- 1 1/2 tbsp (22 ml) unsalted butter
- 1 clove garlic, minced
- 1/2 cup (125 ml) 35% whipping cream
- 1/4 lb (125 g) Canadian Cambozola, Gorgonzola or Blue cheese, crumbled
- 1 tsp (5 ml) grated lemon zest

Grilled Pink Peppercorn Steak with Creamy Cambozola Sauce

This recipe serves two to four people. DAIRY FARMERS OF CANADA

For your phone

Grill-It! (iPad/ iPhone/Android; $.99/ $1.99/$.99)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

With new ideas for all types of meats, veggies, marinades, and burgers, this often-updated recipe collection will introduce you to plank grilling, brisket smoking, fried ravioli, and gourmet BBQ pizza.

New York steak of mind

There's nothing like steaks on the grill for summer meals.

New York strip or just strip steaks are tender and juicy and do not require any marinating at all.

Although this New York Strip Steak recipe calls for the steak to stand at room temperature, some barbecuing experts say this makes no perceptible difference to the grilling process and is not advised from a food safety standpoint.

1. Lightly brush the New York Strip Steaks on both sides with oil and season with salt and pepper. Let them stand at room temperature for about 15 to 30 minutes before grilling.

2. Prepare grill for direct cooking over high heat — 230 to 290 C (450 to 550 F).

3. Combine the freshly-grated Parmigiano-Reggiano cheese and basil.

4. Sear steaks on one side over direct high heat, with lid closed, for 3 to 4 minutes. Turn steaks over and generously coat top of each steak with cheese and basil mixture. Close lid and continue grilling until cheese is melted and steaks are cooked to desired doneness, 3 to 4 minutes more for medium rare. Remove from grill and let rest for 3 to 5 minutes.

5. Meanwhile, in a saucepan over medium heat, combine the butter and minced garlic, and heat until the butter is melted and garlic is sizzling, about 3 minutes. Remove from heat. Spoon garlic butter over steaks and serve immediately.

THE CANADIAN PRESS/WEBER'S NEW REAL GRILLING BY JAMIE PURVIANCE (WEBER-STEPHEN PRODUCTS)

Ingredients

- 4 New York strip steaks, each 285 to 340 g (10 to 12 oz) and about 2.5 cm (1 inch) thick, trimmed of excess fat
- 15 ml (1 tbsp) extra-virgin olive oil
- 7 ml (1 1/2 tsp) kosher salt
- 5 ml (1 tsp) black pepper
- 250 ml (1 cup) freshly grated Parmigiano-Reggiano cheese
- 30 ml (2 tbsp) finely chopped fresh basil leaves
- 50 ml (1/4 cup) unsalted butter
- 2 medium garlic cloves, minced

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Dinner. Beef Round Steak Done Right

1. In bowl, combine steak sauce, garlic, mustard and onions. Place half in large resealable freezer bag. Cover remaining sauce and set aside in fridge. (Use half reserved sauce to baste and rest to dip.)

2. Pierce steak all over; add to bag and refrigerate for 8 or up to 12 hours. Discard marinade. Pat steak dry with paper towel; season with salt and pepper.

3. Grill over medium-high heat, brushing with reserved basting sauce, 8 minutes per side for medium-rare (digital instant-read thermometer inserted into centre reads 60 C/140 F).

4. Transfer the steak to cutting board, cover loosely with foil and let stand 5 minutes before carving on angle into slices. Serve with dipping sauce.

THE CANADIAN PRESS/ CANADA BEEF INC.

Ingredients

- 250 ml (1 cup) steak sauce
- 2 cloves garlic, minced
- 15 ml (1 tbsp) Dijon mustard
- 2 green onions, thinly sliced
- 1 kg (2 lb) inside or outside round steak, 4 cm (1 1/2 inches) thick
- Salt and pepper, to taste

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Going for chiseled, not rugged, good looks

We're seeing more unique, thoughtful takes on home furnishing basics. Say goodbye to 90-degree, square-edged designs and hello to multi-faceted, hand chiseled, angled designs that add casual structure to any room.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Walking Bear Side Table

Take a walk on the wide side with a piece that doubles as a sculpture and side table. $3,430, Avenue-Road.com

Nolmyra chair by Jooyeon Lee

Incredibly light weight (just six pounds) and incorporating bentwood and mesh for a classic Scandinavia design. $39, IKEA.com

Sloped and Slanted Bookcase

Precisely-slanted shelves display your possessions while you appreciate them at a new angle. $1,500, Anthropologie.com

Stainless Steel Chiseled Tumbler

Insulated double-walled stainless cup keep drinks cold through the hot summer days. $23, StarbucksStore.ca

Sculpt table lamp

Lightweight fabric wrapped over a frame to create a modern glow. $75, EQ3.com

Warm Silver Leaf Quarry Accent Table

The perfect side table to help modernize a sitting area. $1,935, Barbara Barry for Baker, studioBhome.com

Saba Vase

Jewel tones of blues and green peek through the faceted cutwork of glass. $153, CrateAndBarrel.ca

Cleaning

Housekeeping myth: Borax as a green product for your home

Is the use of Borax still considered to be an environmentally good product to use in our homes?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Sadly no. I, too, have thought for many years that Borax was a safe, good cleaning product to use in our homes.

However, I have recently learned the following from the David Suzuki Foundation website and I quote, "The Georgia Strait Alliance's Toxic Smart Solutions factsheet says 'while borax is also one of the least hazardous domestic cleaning products, it is not without an environmental impact. It contains a higher level of arsenic that most other products (30 parts per million), which is why it's also an effective ant killer.'"

So like anything, always be careful, read the label and do your research before using a chemical product.

Always read the label on cleaning products that use chemicals. ISTOCK IMAGES

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You're moving on up, but there's no reason you can't do it stress-free

Summer moving season. Two-thirds of moves occur between May 15 and Aug. 31

COURTNEY FOWLER
Metro World News in New York City

Want to make moving day easier? Pack some things you don't use often in advance. HANDOUT

Don't want your important documents going to the wrong apartment? Change your address with Canada Post. HANDOUT

Whether you're a student headed back home for summer break or newlyweds signing a lease on your first place, you're going to go through the pains of packing.

Andrea Boccard, vice president of marketing at FlatRate Moving, offers some tips on how to make the process stress-free.

De-clutter
Before boxing things up, Boccard says it's really important to de-clutter. "Even in teeny apartments, we tend to accumulate a lot of stuff," she says. "Spend a couple of days getting rid of the items that you don't need, like takeout menus from the old neighbourhood. Just clearing that space will give you a clear picture of what you're actually packing."

Create "a move book"
The key is to stay organized. Keep the important details of your move together in a book or folder on your computer.

"It should include everything from lists you make, to your insurance and building management information, to estimates you receive," says Boccard.

Know the rules
If moving into an apartment or condo "you should be in close contact with the management for both [your new and old] buildings," says Boccard. She advises reserving freight elevators and making sure your movers have the proper insurance coverage your building may require. "Any hitch in the details can cause problems for the entire moving day."

Pack in advance
"Plan your move more than a month in advance if you can," says Boccard.

Start by packing the items you don't need such as books, CDs or DVDs and out of season clothes.

"We ask people, 'Do you want us to pack for you?' and they say 'No, no I'll pack myself,' but two weeks before [the move] they're nearly in tears because they're unable to do it," she says.

"So being realistic about time and what time you allocate to moving activities is the best advice I can give."

Stay organized
Maintaining organization while your whole life is packed up in boxes may seem nearly impossible, but Boccard says it's a crucial part of the moving process.

The company recommends creating an inventory of your belongings as you pack.

Keep important items by your side: Store key items such as your move book, prescriptions, jewelry, toiletries and chargers in a designated bag on move day.

Change of address notifications
The last thing you want is private and important documents going to an old address. Canada Post advises you complete a change of address form online at canadapost.ca before moving to your new place.

Key tip

What's the biggest moving mistake?

- "Don't leave anything until move day. The planning and organizing process is crucially important. For instance, if you have kids, where are they going to go for the day? There are a lot of those things that you don't want to wait for the movers to show up before you figure out. Really, you don't want to have to make any decisions on move day. You want everything to have been orchestrated so that when you wake up that morning, everything just happens," says Boccard.

First time home buyer? How to save a down payment

Put 20 per cent down. 'The benefits of home ownership make the struggle well worth it'

Buying your first home is one of life's biggest milestones, but for many first time home buyers, getting together the money for a down payment is a huge challenge.

"As a first time buyer, saving for a down payment is no mean feat," says Ron Abraham, president of the Ontario Real Estate Association. "However, the benefits of home ownership make the struggle well worth it. Remember, the more you put down initially, the better; as this will cut into your long term mortgage costs."

Abraham recommends a combination of smart saving, careful budgeting and tapping into government incentives to help get your down payment together and into your first home faster.

Most banks and lenders advise putting 20 per cent down — while this may not be possible for all first time buyers, Abraham suggests getting as close to that number as you can, and offers these tips to help:

Cut back
Remember, small things add up. A recent poll by Visa Canada found that 60 per cent of Canadians eat lunch out at least once a week. At an average cost of $8.80 per meal, eating out three times per week adds up to $20,000 after 10 years!

Organize expenses
Make sure you keep track of your expenses so you can flag issues. Categorize spending so you can see where your money is going — it may motivate you to forego your daily latte.

Borrow from your RRSP
To provide first-time homebuyers with greater access to their RRSP savings to purchase or build a home, the Government of Canada has increased the Home Buyers' Plan withdrawal limit to $25,000 per person for withdrawals made after Jan. 27, 2009.

Apply the First-Time Home Buyers' Tax Credit
To assist first-time homebuyers, the Government of Canada introduced a $5,000 non-refundable income tax credit on a qualifying home acquired after Jan. 27, 2009. For eligible individuals, the credit provides up to $750 in federal tax relief starting in 2009. NEWS CANADA

Are you seeing signs that it may be time to think about home ownership? ISTOCK IMAGES

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SHINIER. Swiffer WetJet Wood solution dissolves dirt and tough, sticky messes to help reveal more shine than a mop on glossy ceramic tiles, hardwood and laminate floors.

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CONVENIENT. Swiffer WetJet is an all-in-1 mopping system. Just one simple wood solution that dissolves dirt and tough, sticky messes, revealing the natural shine of finished wood floors.

Designed for wood.

Swiffer WetJet Wood solution is designed to be safe and gentle on your finished wood floors, revealing its natural shine. With a dual-nozzle sprayer and a strong-grip pole, this bucket-less mopping system also features a scrubby strip for powering through tough dried-on messes.

*Do not use on unfinished wood, oiled or waxed wooden boards, non-sealed tiles or carpeted floors because they may be water sensitive.

FOR MORE INFORMATION VISIT SWIFFER.CA

Seabrook's overtime goal caps wild Blackhawks win

Stanley Cup final.
Series blows back into Windy City for Game 5, all tied up at two

Game 4

6	5
Blackhawks	Bruins

The Blackhawks' Jonathan Toews, left, celebrates his second-period goal on Tuukka Rask during Game 4 of the Stanley Cup final on Wednesday night in Boston. Chicago won 6-5 to even the series at two games apiece. HARRY HOW/GETTY IMAGES

Brent Seabrook scored at 9:51 of overtime to give the Chicago Blackhawks a 6-5 win over the Boston Bruins in a wild Stanley Cup final game Wednesday night.

Seabrook's shot from the point through traffic that beat Bruins goalie Tuukka Rask gives the Blackhawks, who never trailed going into overtime, a new lease of life.

The teams are now tied at 2-2 heading into Saturday's Game 5 in Chicago.

The Bruins threw everything they had at the visitors in mounting a furious comeback but came up short in the third game of the series to go to overtime.

It was a crazy contest, crammed full of offence, momentum swings and bristling with more than a little bad blood. At times, it was like a violent all-star game.

Chicago coach Joel Quenneville's decision to reunite Jonathan Toews, Patrick Kane and Bryan Bickell paid dividends. Toews and Kane each scored for the Blackhawks, with Michal Handzus, Marcus Kruger and Patrick Sharp getting the Blackhawks' other goals.

But the Bruins refused to keel over. Patrice Bergeron scored twice and Rich Peverley, Milan Lucic and Johnny Boychuk added singles for Boston, which found itself behind the eight-ball all night. It was a roller-coaster ride for the crowd of 17,565 — the 164th straight full house at TD Garden — as the Bruins trailed 3-1 and 4-2. THE CANADIAN PRESS

Molleken steps down as Blades head coach

It was an emotional time at Credit Union Centre on Wednesday afternoon as longtime Saskatoon Blades head coach Lorne Molleken stepped down.

Molleken, who coached the Blades for 13 years, will stay on with the team as a general manager and alternate governor while associate coach David Struch will be taking over as head coach.

Molleken said he feels the restructuring is the right call for the team.

"I've been doing this for 24 years and the biggest thing in my mind is that it was time for a change," said Molleken. "I think that a new voice was needed and certainly with my experiences over the 24 years, I've been through a lot of different situations and it was time, just time for change and for the hockey club to go in a new direction."

When asked about his time behind the bench, he said he felt nothing but pride.

Quoted

"Being patient with the organization obviously paid off today and I'm really looking forward to it." New Blades head coach David Struch

"I'm extremely proud of our accomplishments," said Molleken. "If you look in the rafters, there are a number of banners that are up there and certainly the number of players that have went on to bigger and better things is probably the most important thing to me — so it was a tough decision, but at the same time it was the right decision."

Struch has been with the team for a total of 11 years, four as a player and seven as a coach.

"It's an exciting day for myself and my family," said Struch.

"I knew as a pro player that I wanted to be a coach when I was done. I was really fortunate that when I finished playing hockey over in Europe that Lorne was looking for an assistant," said Struch.

"I walked into a real good situation and working with him for seven years, having the opportunity to coach with him in the Memorial Cup, was a big thing."

MORGAN MODJESKI/METRO

CFL

Riders take chance on Stephenson

It didn't take Daryl Stephenson long to land with another CFL team.

The former Hec Crighton Trophy-winning running back signed Wednesday with the Saskatchewan Roughriders after being released earlier this week by the Hamilton Tiger-Cats.

The six-foot-two, 225-pounder from London, Ont., spent two seasons with Hamilton.

The six-year CFL veteran was selected in the third round, No. 15 overall, by Winnipeg in the 2008 CFL draft after playing at the University of Windsor.

The Riders also released receiver Jonelle Tolbert. THE CANADIAN PRESS

NHL

Red Wings getting $650M new rink

The Detroit Red Wings and city officials on Wednesday announced a $650-million plan for a new arena development for the NHL team in Detroit's downtown entertainment and sports district.

Plans for the 18,000-seat arena were announced Wednesday at a meeting of economic development officials to approve the deal. Red Wings owner Mike Ilitch has long said he wanted a replacement for the 32-year-old Joe Louis Arena.

The team said there will be $367 million in private investment and $283 million in public funds in the complex, which would also include residential, retail and office space. THE ASSOCIATED PRESS

NBA

Casey's job safe with the Raptors

Dwane Casey will remain the Toronto Raptors head coach.

New Raptors general manager Masai Ujiri said Wednesday that Casey will be back with the Raptors for the upcoming season. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Your reaction when confronted by an obstacle is to kick it out of the way, but you must be more subtle today. You should also try to remember that other people's feelings are not always as robust as your own.

♉ Taurus
April 21 - May 21
The best way to deal with a problem is pretend it doesn't exist. The more you focus on negative things, the more likely it is they will keep going wrong. "Positive thinking" is more than just a slogan.

♊ Gemini
May 22 - June 21
There are far too many distractions in your life and if you want to move ahead in areas that are really important to you then you need to cut back quite ruthlessly on activities.

♋ Cancer
June 22 - July 23
The Sun moves into your sign tomorrow and a new solar year begins, making this the ideal day to look back over the past 12 months. Whatever mistakes you made, forgive yourself and move on.

♌ Leo
July 24 - Aug. 23
You may appear open and outgoing to the world at large but you have secrets like everyone else. One secret is likely to be revealed over the next few days. Pretend you don't care.

♍ Virgo
Aug. 24 - Sept. 23
If you have not finished a project of some time by now, it might be best to forget about it. That is the message of the stars today and while it may sound a bit negative, it's not.

♎ Libra
Sept. 24 - Oct. 23
When the Sun crosses the career angle of your chart tomorrow, you must turn your attention to your reputation. Could it be better? Yes, it could. You must identify how.

♏ Scorpio
Oct. 24 - Nov. 22
In recent weeks it seems you have been cruising on autopilot but that will change with the Sun's change of signs tomorrow. Suddenly you will be more alive again. Suddenly you will be back in control.

♐ Sagittarius
Nov. 23 - Dec. 21
Try to get your point of view across in a calm way. It will help if you are clear in what exactly it is you want to say. Make that your priority today then speak up tomorrow.

♑ Capricorn
Dec. 22 - Jan. 20
Try to help others because the good deeds you do for them now will come back to you over the next few weeks. Above all, remember you can't always have things your own way. You have to give ground.

♒ Aquarius
Jan. 21 - Feb. 19
There is no need to apologize for things that are not your responsibility. Someone you live or work with will try to shift the blame for a failure of some kind on to you today but you must have none of it.

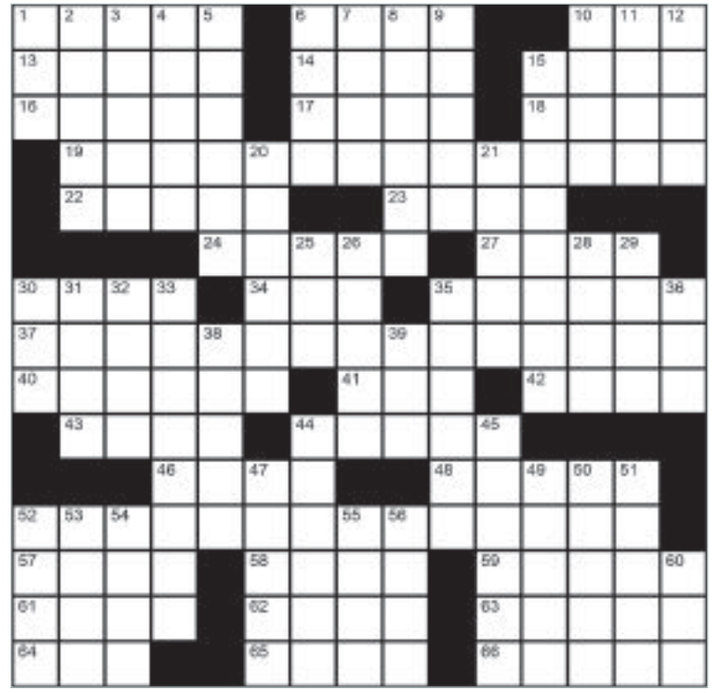
♓ Pisces
Feb. 20 - March 20
The worries of the past few weeks will begin to fade today and once the Sun moves into the most dynamic area of your chart tomorrow they should disappear altogether.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

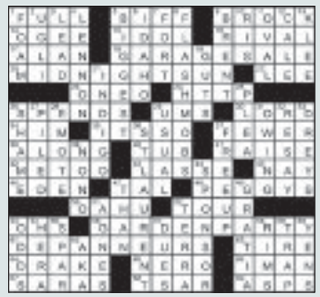
BY KELLY ANN BUCHANAN



Across
1. Group ruled by Odin
6. Labyrinth
10. Eye logo TV network
13. Apt
14. "Jeopardy!" host Mr. Trebek
15. Aching
16. Pub serving sizes
17. Type of tide
18. Applaud
19. Jumbo, the world famous __ __, died in 1885 when hit by a train in St. Thomas, Ontario. There is a life-size statue there in his honour.
22. Thoroughly search or examine
23. Assortment
24. Ancient land
27. Some soil
30. Q-Tip, for one
34. Shoe width size
35. Rotten
37. DND = Department of __ __
40. "Let's __ a day.": 2 wds.
41. Unit of weight
42. Film holder
43. Ottawa's Parliament __
44. Tie type
46. Genuine
48. Dock
52. It's the 'kind the drugstores sell' in Gordon Lightfoot's song: 2 wds.
57. Alanis Morissette's "__ _ Really Want"
58. Drifting
59. Become a green-to-yellow banana
61. Earring kind
62. Sketch, as in comedy
63. Like hosiery or mascara, maybe: 2 wds.
64. Clothe
65. Healthy
66. Zzzzz ...loudly!

Down
1. iPhone download
2. Actor Mr. Bana's
3. Kind of boom
4. Brief beginning
5. Save
6. Provides with staff
7. Sailor's sheltered side
8. Extremist
9. Officially kick out
10. Pop
11. Certain cereal
12. __-Iles, QC
15. Bluenose II, for one
20. "Hurry!" meaning
21. Rice dish
25. Thumbs-up vote
26. Pounds, as hail
28. Dermatologist patient's concern
29. House critters
30. Canadian engineering group, _ _ _-Lavalin
31. Cr-yying sound
32. Mythical Hun king
33. Northwest Coast artist, b.1920 - d.1998, whose work includes the Haida creation myth sculpture Raven and the First Men: 2 wds.
35. Fame
36. Benicio Toro link
38. Wayne Gretzky, once
39. Grumpy's co-worker
44. Yukon neighbour
45. "The Path of __ (Terms)" by Sarah McLachlan
47. Embarrass
49. Airplane: French
50. Artwork like the original, informally
51. Flower: French
52. Former
53. Choir voice
54. Promote
55. Put a 'roof' on a room
56. Pippa's royal sister
60. SSW's opposite direction

Yesterday's Crossword



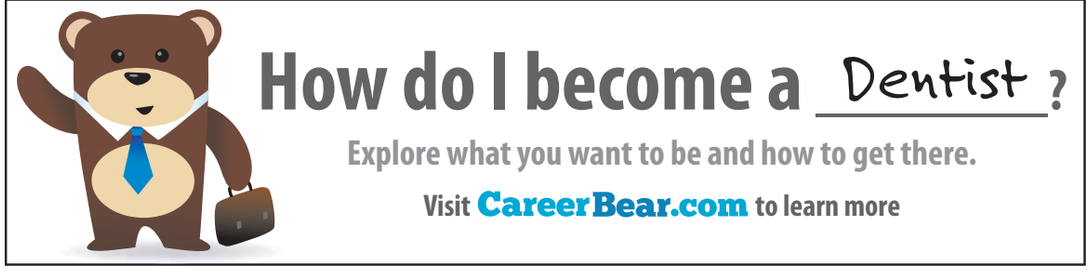
Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	2				6	3	9	
		7					4	6
				9		8		5
			7	1				9
	4						2	
8				2	9			
9		4		3				
7	5					6		
	3	2	8				1	

Yesterday's Sudoku

1	4	5	7	6	3	9	8	2
2	6	8	5	9	4	1	3	7
3	9	7	8	1	2	4	6	5
6	5	1	2	7	9	8	4	3
4	3	9	6	5	8	2	7	1
8	7	2	3	4	1	6	5	9
9	2	3	4	8	7	5	1	6
5	1	4	9	3	6	7	2	8
7	8	6	1	2	5	3	9	4



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